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*141 *564 In four the nasal point was somewhat elevated. Slight prognathism with projecting teeth was observed in one individual, an unhealthy person.

Figure.—Seventy-one per cent. of the subjects were noted as "slight," 29 per cent. as "medium" and of those but two individuals are put down as "sturdily built."

*142 *564 *Hair.*—In three individuals hairiness was conspicuously apparent, there being hair nearly all over the body, and in one of these the hair in the small of the back was so thick that in my notes it is described as "like a bush."

On the head.—In nearly 80 per cent. of the subjects the hair on the head was "plentiful and wavy"; in a few of these it was "very thick," while in the remaining 20 per cent. it was "moderate." In no case was it noted as "thin" or "slight." The number of subjects in which growth of hair on the cheeks was noted was one-fifth of the whole.

On the chest.—In nearly a quarter, the hair on the chest was noted as "thick."

On the arms.—In most cases it varied from "very slight" to "moderate." Rarely "thick."

On the legs.—In nearly half it was "moderately thick" to "thick"; in the remainder, slight to moderate.

Colour of the skin.—It should have been noticed before that the colour of the face of the ordinary Malayali is invariably lighter than that of the body; possibly from the prevailing custom of using the umbrella. Malabar is for the most part shaded by trees and palms, and its peoples have not that disregard for the sun's javelins which we see in the country to the eastward. No one [293] starts on a journey, and rarely leaves his house, without [179] his umbrella—the thing of cadjan now being by degrees replaced by the cheap umbrella of European manufacture. The labourer working in the field, the fisherman 292 in his boat on the sea, the boat-man on the backwater, * 751 all wear a large umbrella-like hat. Women always carry an umbrella out of doors; or, as in North Malabar, an umbrella hat-like thing which seems to be a curious survival of the custom of wearing an umbrella hat, is carried. This is, apparently, an ordinary umbrella hat, but the central part, which appears to be made to fit the head, as in the ordinary umbrella hat, is too small by half to fit any head, and this hat-like umbrella is carried in the hand to shield the head from the sun and the face

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from the inquisitive passer-by. The fact remains that the Nâyar, of whom we are now speaking, who never or very rarely wears any covering on the head, cannot withstand the effect of the direct rays of the sun without an umbrella. A few hours' walk in the midday sun where there is little or no shade, is sufficient to bring on fever to the ordinarily strong man.

Colour of the skin was taken generally on the right arm just below the shoulder, the book containing the colour types being pressed against the skin.

The fairest was No. 44 (Broca).

The darkest was No. 28 (only one of this).

More than half were 29 and fairer, and the remainder were still fairer, several being 44 or very nearly.

Colour of the eyes.—In about three quarters of the subjects the colour of the eyes was No. 2 (Broca); in about one-quarter they were 1 to a trifle darker. In one individual the colour was between 2 and 3; a light brown.

Ornaments.—One or two golden kadukkans are commonly worn in each ear by those who can afford them. Ears pierced always. Though not for purposes of ornament, the ears of two individuals were marked by holes—pieces cut out of the cartilage. In one there was a circular hole 4 mm. in diameter, cut out of the cartilage of the right ear, and in another a circular hole 6 mm. in diameter in the left ear. In both cases the holes had been made during childhood to prevent colic.

The ornaments worn by a few individuals were as follows:—

(1) One tambâk ring on ring finger, right hand. One iron ring on the little finger of the left hand.

(2) One gold kadukkan in each ear. One plain gold ring on the ring finger of the right hand. Wore a silver girdle on the waist instead of a string, to which he fastened his lunguti.

(3) Silver cord round the waist; on it a silver amulet case, of the usual shape, having inside it a charm written on a gold leaf to protect the wearer against the evil eye.

(4) One silver ring on ring finger of the left hand. Two gold kadukkans in each ear.

Miscellaneous.—One man was tested, and found to have perfect vision. Weight was recorded in five cases only; the average was nearly 110 lb. which is probably not far from the general average.

spirits can be seen. At night their mouth is full of fire of different colours, but it throws out no rays. That it throws out no rays is important because therein is supposed to lie the distinction between an ordinary light and the fire in the mouth of a spirit.

The *Prētam* is supposed to hover round its burial place or the place of its accident. Everyone is warned off such a place at night time. The hours during which these *Prētams* appear are between 9 in the evening and 3 in the morning. It must be noticed here that the *Prētam* of a "black-magician," as distinct from a social magician like the *Kāniyān*, has more power to do mischief: it has more "*orenda*," so to say. The man who practises black magic invariably dies a violent death, and his *Prētam* hovers round the scene of his former activities.

"Man dreads above everything else," says S. Reinach,[1] "illness and death, punishments inflicted by the angry spirits with which his imagination peoples this world." This is absolutely true with regard to the Nāyars. Disease is generally believed either to be the outcome of offending a god or due to the magic performance of interested relations. Preventive sacrifice is very common, and every year all respectable Nāyar families perform some sort of propitiation ceremonies in the village temple. If a whole village is ravaged by some epidemic, the villagers inquire into the matter through the astrologer, and if he finds, as he usually does, that it is due to the wrath of the village god or goddess, ceremonies of various kinds are at once undertaken and goats are offered as sacrifice, and sometimes a *Desavalathu*, a procession of the people with images, around the village is performed.

But such occurrences are rare. Only epidemics are put down to the wrath of offended gods. Other diseases as well as misfortunes are put down to the influence of *Prētams*, bribed into action by jealous or covetous relatives. When any great misfortune, such as a succession of deaths, happens in a family, the first thing that is done is to consult the astrologer, who is sure that a ghost is working it under the influence of magic. His prescription is, of course, counter-magic, to be performed by himself. An offence to a god can easily be rectified if one does some elementary sacrifices, but the performance of counter-magic is neither so inexpensive nor so easy. First of all one has to get rid of the evil already done. For that elaborate ceremonies may be necessary. Secondly, ceremonies to keep one immune from future attacks are essential. If it is any woman who is possessed of the devil, and it is women who generally suffer from these things, an expensive and elaborate devil dance called *Kolam Thullal* has to be performed. For this the village has to be informed, and each family in the village is supposed to contribute something in kind to the expenses and take its share in the work. The ceremony is as follows:—

Preparations for the dance must begin a good many days beforehand. The *Kāniyān* of the village with twelve others of his people come to the house where the

[1] *Cults*, p. 37.

Besides the English books belonging to the English-speaking brothers, 12 other families own a total number of 16 vernacular (paper) books. They are all puranic stories. There are 30 palm-leaf manuscripts in all, which either are puranic stories or deal with such subjects as conjuring and black arts. There are also some Vedic manuscripts in the family of the jenmi.

Village administration.—There is no panchayat. The village has a Government official "Adhikari" who collects the revenue. He has also given a little civil and criminal authority which however is rarely made use of. There is another official "Menon" who is the surveyor and assessor of taxes on lands, etc.

There is practically no sanitary administration. Sometimes a vaccinator visits the country and gets some children vaccinated.

There is a Police station at Chalisseri which has jurisdiction over this place. Weekly or monthly one constable pays a visit and makes a report that the king's peace is kept scrupulously.

The Tahsildar or the Revenue Inspector or a Land Records Inspector may sometimes pay a visit to the amsam officials, but he sees none of the people.

For some time past, thefts have been increasing in this desam. A few youths, born and bred up in rank illiteracy, are straying away from the path of righteousness, and the poor man's property is becoming insecure. Recently this has come to the notice of the police and they have begun to have a watchful eye over some of them. But none of these have been yet of a serious nature.

There are a small number of law-suits against the ryots by the jenmis at all times, but over and above this there is not much litigation. But recently however there arose two law suits between ryots which were the result of bad blood and high words.

Small cases were dealt with satisfactorily by the village munsif this year.

History and prospects of the village.—Centuries ago, as far back as 1,800 years, this desam must have formed a part of the famous division of Kutnad. The name of the once historic land of Kutnad, which at one time covered the whole of the Mid-Kerala, is now confined to the little desam that lies contiguous to Kothachira. The ruins still traceable on the plains below the Kutnad hill, of temples and a fortress, and the large number of ruined walls seen in the vicinity, suggest the existence of a flourishing city in this spot in the past.

But about Kothachira in the more recent past. The country must at one time have been governed by local chieftains from whose hands the Brahman jenmis who now hold the lands got them with the advent of the age of Brahmanic dominance. There are families which still hold the name of "Naduvashis," i.e., the governors of the country, who are now labourers and landless ryots. They still cling with faith and reverence to their old traditions and ceremonial forms which they practised when they were masters of the country.

But within the past few generations itself there has been a great economic change noticeable. There are old men still living who can attest to the state of things thirty or forty years ago. From them, we hear the rise and fall of some of the families. Those